



# Food and Fitness



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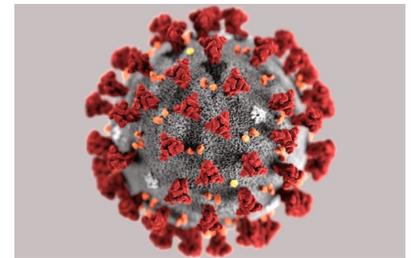
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## Food Safety and COVID-19

The World Health Organization (WHO) has answered a lot of questions that are in relation to COVID-19 and understanding the safety of foods. With ongoing research and investigations, it is important to keep up to date with the most recent food safety guidelines. In this article, it will cover a few of the common questions related to COVID-19 and food, with the WHO's most current answers.



One of the most common questions is, can COVID-19 be transmitted through eating fresh foods like fruits and vegetables? According to the WHO, there is no evidence that people can catch COVID-19 from food. Fresh fruits and vegetables should be washed like as has always been recommended. Wash with clean water before consuming.

Cooked foods have raised many questions too. There is no evidence at this time that COVID-19 can be transmitted through foods that are cooked. The COVID-19 virus can be killed, just like other bacteria, that is found in foods. Certain products like meat, poultry, and eggs should always be cooked to the recommend temperature to prevent foodborne illness.

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## Food Safety and COVID-19

(Continued from Page 1)

The WHO also stated that COVID-19 needs a “live animal or human host” to multiply and that the virus cannot multiply on the surfaces of food packages. Many people have been using disinfect materials on the packaging which is not necessary. Exposing chemicals to foods that are not safely sealed or fresh can lead to a problem all in its own. Properly washing your hands after handling foods and before eating is the recommendation.

Questions related to grocery shopping and grocery pick up or delivery services are another part of the equation. It is considered generally safe to go grocery shopping and to the markets. With that statement, outlines following some preventative measures in doing so. Cleaning of the hands when entering the store by using hand sanitizer, cough or sneezing into a tissue or into your elbow, maintain a safe social distance from others or wear a mask if you cannot maintain social distancing, and once home wash your hands after handling/storing the groceries. If grocery shopping in the store is not your choice and you choose to do grocery delivery systems, those too are considered to be safe with proper hand washing as well.

COVID-19 is a part of everyone's life right now. Eating a balanced diet can support the immune system. Choosing a variety of food that includes whole grains, legumes, fruits, vegetables, nut, and animal proteins. There might be a few rumors on eating certain foods can cure or prevent COVID-19. Some common to be rumored are herbal teas or supplements, probiotics, ginger, garlic or pepper. No one food can prevent COVID-19 but having a supported immune system is a great start.

There are some other important issues the WHO answers too. For more information, you can go to their website. <https://www.who.int/>



Protect yourself and others from getting sick

### Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste





## Unsafe food affects us all, particularly vulnerable populations



Did you know an estimated **600 million** people around the world – almost **1 in 10** – fall ill after eating contaminated food and **420 000** die every year?



**40%** of the foodborne disease burden is on children under **5 years** of age

During a time of crisis, access to safe and healthy food is more at risk than at any other time. While food is not known to transmit COVID-19, food purchasing can be made safer with the following tips:



keep a physical distance (of at least 1m) between you and others while shopping



make sure your local food sellers are washing and sanitizing all surfaces used for food preparation and practicing good hand hygiene



ensure your hands are clean and when you get home wash your hands with soap and water before handling food



wash fruits and vegetables with water particularly if you are eating them raw

**Together we can team up for food safety!**

Food safety, everyone's business

#WorldFoodSafetyDay

[who.int/world-food-safety-day](http://who.int/world-food-safety-day) [fao.org/world-food-safety-day](http://fao.org/world-food-safety-day)

## Fruit—Dragon Fruit

The Dragon fruit is a tropic fruit that can be found in some specialty grocery stores though out the state. The dragon fruit goes by other names such as pitaya, pitahaya, and the strawberry pear.

The fruit grows on the *Hylocereus* cactus which is also known as the Honolulu Queen. The flowers on the tree only open at night. The outside skin is pink or yellow with green scales. The inside of the dragon fruit can be either white or a reddish color, the white being the most popular. Both colors have black seeds that are dispersed throughout the edible pulp.

The flavor of the dragon fruit is very mild. It has been said that the flavor profiles are similar to a mixture between a pear and a kiwi.

The skin of the dragon fruit cannot be eaten like some other fruits. To eat the dragon fruit, cut into the fruit and remove the skin. Dragon fruits can be enjoyed plain, with yogurt in smoothies, in salads, or a variety of other ways.

For nutrition, the dragon fruit has some notable nutritional values. It contains about 100 calories per gram, it also provides sources of fiber, iron, and magnesium.

Try a dragon fruit today!



## Recipe—Dragon Fruit Salsa Salad

### Ingredients

- 1 cup Dragon Fruits, cubed (approximately 1 large or 2 small)
- 1 green onion, chopped
- 5 stems of cilantro, chopped
- 1 Tbsp lemon or lime juice



### Directions

1. Combine all ingredients and mix gently.
2. Serve with chips.



Don't Just Exercise Your Body, Workout Your Brain!

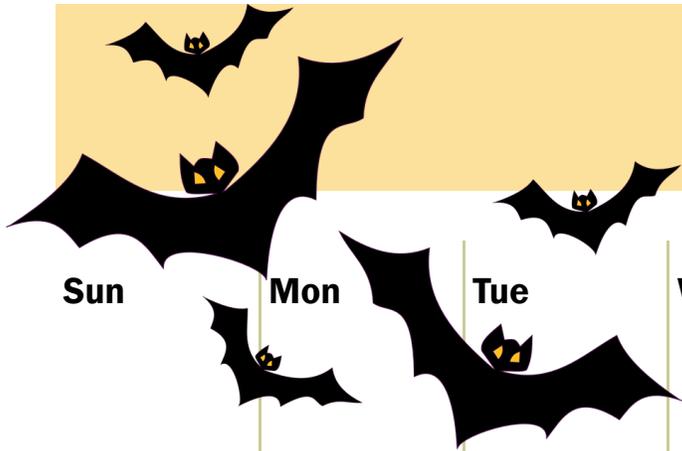
## Level 3 Halloween Sudoku

Cut out the shapes below. Place the shape in a square so that no row, column or group of any 9 squares has the same shape more than once. When finished, glue in place or you can laminate the extra shapes and the board above to last longer.



# October 2020



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

4  
National  
Golf Day

5  
World  
Teacher's  
Day

6  
Come and  
Take It Day

7  
National  
Kale Day

8  
American  
Touch Tag  
Day

9  
World Egg  
Day

10  
National  
Angel Food  
Cake Day

11  
It's My  
Party Day

12  
Columbus  
Day

13  
Internation-  
al Skeptics  
Day

14  
National  
Dessert  
Day

15  
White Cane  
Safety Day

16  
Bosses Day

17  
National  
Pasta Day

18  
No Beard  
Day

19  
Evaluate  
Your Life  
Day

20  
Internation-  
al Chefs  
Day

21  
National  
Pumpkin  
Cheese-  
cake Day

22  
National  
Nut Day

23  
National  
Mole Day

24  
National  
Bologna  
Day

25  
Internation-  
al Artist Day

26  
National  
Mincemeat  
Day

27  
Black Cat  
Day

28  
Plush Ani-  
mal Lover's  
Day

29  
Hermit Day

30  
National  
Candy Corn  
Day

31  
Halloween

## Monthly Observances

- Adopt a Shelter Dog Month
- American Pharmacist Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Eat Country Ham Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Seafood Month

October

# The Benefits of Water Activities

By Cheryl Kaczor, WVU Extension Agent – Marshall County



**Monthly Challenge:** Check with your local YMCA or fitness facility to see what water fitness classes they offer. Try one!

## Health Motivator Talking Points

Exercising in the water is a safe and effective way for everyone to exercise and stay healthy.

- The resistance in the water is approximately 12 times greater than in air, which helps you develop strength and burns more calories.
- There is less stress on the joints due to water's buoyancy. Plus, the water temperature in heated pools helps soothe aching muscles and joints.
- There are numerous benefits of exercising in the water.
  - Increases flexibility
  - Improves heart health
  - Builds strength
  - Reduces the risk of falling
  - Improves overall mental health
- Below are some safety tips for aquatic exercise:
  - Always check with a doctor before beginning a new exercise program.
  - Make sure someone is in the pool area when you work out. If you cannot swim, stay close to the wall or take swimming lessons.



### Chuckle of the Month:

What did Cinderella wear on her feet when she got in the water to exercise?

*Glass flippers!*

## Quick Club Activity: Practice Your Strokes

You can stand or sit while doing these exercises. Using your arms, pretend you are swimming and do the following strokes: freestyle, backstroke, butterfly, breast stroke and side stroke (on each side). Do each stroke for 20 seconds.

## Learn More

Health benefits of water aerobics for seniors. (2017, July 28). Retrieved March 20, 2019, <https://www.bethesdahealth.org/health-benefits-water-aerobics-seniors/>.

Pagan, C.N., & Kelly, S. (n.d.). Beat joint pain by taking your walking routine to the pool. Retrieved March 19, 2019, <https://www.arthritis.org/living-with-arthritis/exercise/workouts/simple>.



## Brain Exercise Answers

### Level 3 Halloween Answer Key

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